

# Our World at Small World



October 2024

Volume 04 Issue 10





# Step into our world at **Small World!**

Dear Parent(s),

We are thrilled to bring you this month's newsletter, which covers the period from September 15th to October 15th. During this time, we celebrated Hispanic Heritage Month, as well as hosted a delightful Tapas Tasting Celebration where students eagerly tried cultural foods from various regions of the world. Additionally, we hosted our annual Scholastic Book Fair, where families enjoyed a rich and diverse selection of books.

In this month's letter, we have also included a featured article "Understanding and Responding to Children Who Bite" from the National Association for the Education of Young Children. We hope you enjoy reading this month's newsletter!

# Our World at Small World



October Newsletter

Volume 04 Issue 10

## Upcoming Events

### WEDNESDAY, OCTOBER 23RD

Get ready! – Our annual Fall Festival is set to take place on Wednesday, October 23rd! The festivities promise to be vibrant and enchanting, featuring a delightful costume parade, a decorative pumpkin patch, and a variety of engaging arts and crafts activities for our students.

### WEDNESDAY, OCTOBER 23RD

Our enchanting Trunk-or-Treat is almost here! This event is from 6-8pm and open to all families in the Miramar and Miami Gardens community and surrounding areas. We aim to create a heartwarming, family-friendly Halloween experience you can enjoy with all your friends and loved ones!

**Read more on page 8.**

### FRIDAY, NOVEMBER 1ST

In honor of Diwali, the Festival of Lights, our Diwali Student Celebration is set to take place on Friday, November 1st, and we can't wait to share this special occasion with our students!

## CLICK ON ICONS BELOW

to follow the classroom fun...



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# October Highlights



# It's **BOOK FAIR** Time!

From Monday, September 16th to Friday, September 20th, Montessori School of Miami Gardens proudly hosted its annual Scholastic Book Fair! We would like to extend our gratitude to everyone who supported our Scholastic Book Fair! Your dedication and enthusiasm played an important role in making this year's Scholastic Book Fair a great success. We would also like to give a special thank you on behalf of our students and teachers to the families that were able to purchase and donate books to our classroom libraries. Not only did you participate in the book fair, but your thoughtful donations of books to our classrooms helped enhance the classroom libraries and will help foster a love for reading. We sincerely hope that our families enjoyed this year's Scholastic Book Fair, and we eagerly look forward to seeing you at our next Book Fair!



## Hispanic Heritage Month Celebrations

National Hispanic Heritage Month is celebrated each year, from September 15th to October 15th. In honor of this vibrant month, students learned about rich Hispanic cultural traditions, remarkable Hispanic figures throughout history, delicious Hispanic dishes, the diverse music genres within the Hispanic community, and lively dances, such as the cha-cha. We also hosted a delightful Tapas Tasting Celebration where students eagerly tried and savored the foods from various regions of the world.



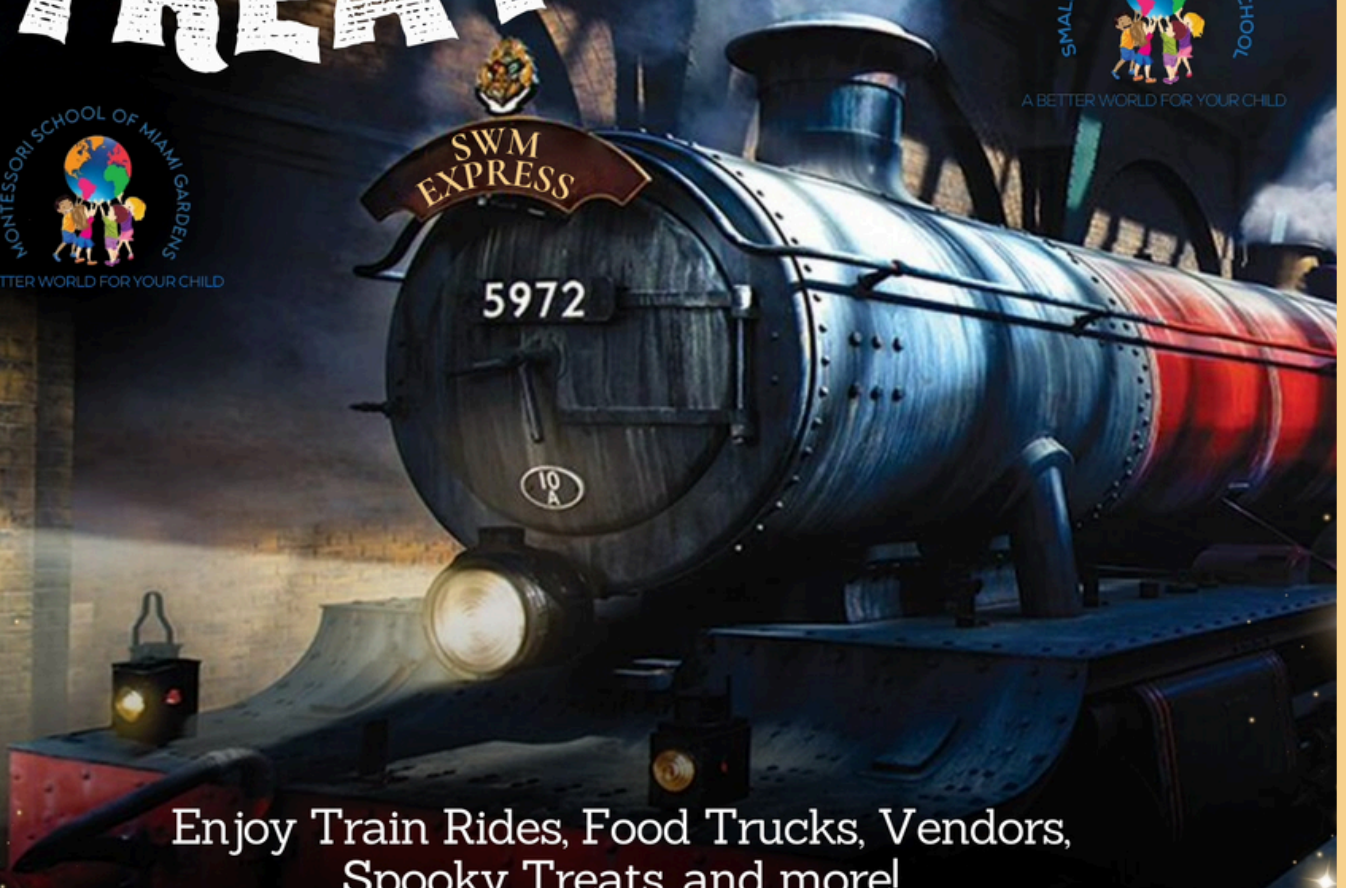
## Teacher Planning Day

During this month's Teacher Planning Day, we devoted our efforts to preparing for our upcoming exciting events. Our teachers and staff thoroughly deep-cleaned every area of the classroom, and our Lead Teachers engaged in the planning and development of lesson plans for the upcoming month. Afterwards, both of our campuses united for a general assembly, during which we engaged in a comprehensive discussion of the upcoming events.



JOIN US FOR OUR ANNUAL

# TRUNK -OR- TREAT



Enjoy Train Rides, Food Trucks, Vendors,  
Spooky Treats, and more!

Discover the **Wizarding World** at  
**Small World** - Where Enchantment Awaits!

Oct 23rd  
6PM-8PM

18461 Miramar Parkway  
Miramar, FL 33029



Featured Article:

# Understanding and Responding to Children Who Bite

*From the National Association for the Education of Young Children*

Biting is a typical behavior often seen in infants, toddlers, and 2-year olds. As children mature, gain self-control, and develop problem-solving skills, they usually outgrow this behavior. While not uncommon, biting can be an upsetting and potentially harmful behavior. It's best to discourage it from the very first episode. This article will help you to understand the reasons young children bite and give you some ideas and strategies for responding appropriately.

## Why do young children bite?

Some children bite instinctively, because they have not developed self-control. For example, when 3-year-old Marcus grabs a doll from his 2-year-old sister Gina, her first response is to bite him and grab the doll. She doesn't stop to think about other ways to act or the result of her actions. But there are many other reasons why children may bite.

## A child might bite to:

- Relieve pain from teething.
- Explore cause and effect ("What happens when I bite?").
- Experience the sensation of biting

## A child might bite to (continued):

- Satisfy a need for oral-motor stimulation.
- Imitate other children and adults.
- Feel strong and in control.
- Get attention.
- Act in self-defense.
- Communicate needs and desires, such as hunger or fatigue.
- Communicate or express difficult feelings, such as frustration, anger, confusion, or fear ("There are too many people here and I feel cramped").

## What can families do to prevent biting?

There are a variety of things that families can do to prevent biting. It helps to:

- Have age-appropriate expectations for your child's behavior based on his or her current skills and abilities.
- Make sure your child's schedule, routines, and transitions are predictable and consistent. At meal and bedtimes, try to do things in the same way and at the same times. Young children thrive when they know what will happen next.
- Offer activities and materials that allow your child to relax and release tension. Some children like yoga or deep breathing. Offer playdough, foam balls, bubbles, soft music, and other stress-reducing items.
- Use positive guidance strategies to help your child develop self-control. For example, offer gentle reminders, phrased in a way that tells them what behaviors are expected. "Be sure to

- (continued) hang up your coat on the hook.” “You can each have a bucket to use in the sandbox.” “Put a small dot of toothpaste on your brush. You won’t need much to get your teeth clean.”
- Provide items to bite, such as teething rings or clean, wet, cold washcloths stored in the refrigerator. This helps children learn what they can bite safely, without hurting anyone else.

### **How should I respond when my child bites?**

While every situation is different, here are some general guidelines for responding when a child bites.

#### **Infants**

Infants learn about the world around them by exploring it with their hands, eyes, and mouths. But infants often need help to learn what they should and shouldn’t bite.

If your infant takes an experimental bite on a mother’s breast or grandpa’s shoulder, stay calm and use clear signals to communicate that it is not okay for one person to bite another. A firm “no” or “no biting!” is an appropriate response.

#### **Toddlers and Preschoolers**

Toddlers have many strong emotions that they are just learning to manage. Toddlers may bite to express anger or frustration or because they lack the language skills needed to express their feelings.

Biting is less common in preschoolers than toddlers. When a preschooler bites, it may be due to something at home or at their

child care program that is causing the child to be upset, frustrated, confused, or afraid. A preschooler may also bite to get attention or to act in self-defense.

Follow the steps below with both toddlers and preschoolers:

1. If you see the biting incident, move quickly to the scene and get down to children’s level. Respond to the child who did the biting. In a serious, firm tone make a strong statement: “No biting. Biting hurts. I can’t let you hurt Josie or anyone else.” Next, offer a choice: “You can help make Josie feel better, or you can sit quietly until I can talk with you.” Help the child follow through on the choice if necessary.

2. Respond to the child who was hurt by offering comfort through words and actions: “I’m sorry you are hurting. Let’s get some ice.” Perform first aid if necessary. The child who did the biting can help comfort the bitten child—if both parties agree. Help the child who was hurt find something to do.

3. Finally, talk to the child who did the biting. Maintain eye contact and speak in simple words using a calm, firm tone of voice. Try to find out what happened that led to the incident. Restate the rule, “Biting is not allowed.” Model the use of words that describe feelings: “Kim took your ball. You felt angry. You bit Kim. I can’t let you hurt Kim. No biting.” Discuss how the child can respond in similar situations in the future.

## What if biting becomes a habit for my child?

If biting becomes a habit for your child and ongoing positive guidance is not effective, it is time to set up a meeting with your child's teacher(s). Together, you can plan an approach for addressing the behavior that can be applied consistently at home and at the program. Together, you can discuss and define the behavior and find the cause behind it. Next, you and the teacher(s) can develop a plan to address the causes and help your child to replace biting with acceptable behaviors. Try the plan for several weeks, but be patient. It takes time to change behaviors that have become habits. Keep in touch with your child's teacher(s) to share information about changes in behavior. After several weeks, evaluate the plan's effectiveness and make changes as needed.

## What strategies can I use to help my child overcome a habit of biting?

Here are some strategies for addressing a child's biting habit.

- Observe your child to learn where, when, and in what situations biting occurs. Sometimes an adult may need to stay close to the child to prevent biting.
- Pay attention to signals. Stay close and step in if your child seems ready to bite.
- Suggest acceptable ways to express strong feelings. Help your child learn to communicate her wants and needs ("Amy, tell your sister you were still playing with the truck").
- Use a reminder system to help your child learn to express strong feelings with

- (continued) appropriate words and actions ("Tell Manuel that you don't like it when he gets that close to you").
- Reinforce positive behavior by acknowledging child's appropriate words and actions ("You didn't like being tickled so you used your words to ask me to stop").
- Provide opportunities for your child to make choices and feel empowered.
- Be sure your behavior expectations are age-appropriate and individually appropriate for your child. Expecting a child to do something he or she is not able to do can cause children to feel stress. Stress can lead to biting.
- Offer foods with a variety of textures to meet your child's sensory needs.
- Teach your child words for setting limits, such as "no," "stop," or "that's mine."

## What strategies are not helpful?

- Avoid labeling a child as a "biter." Negative labels can affect how you view your child, and even affect the child's feelings about him- or herself.
- Never bite a child back to punish or show him how it feels to be bitten. Biting a child sends the message that using violence is an acceptable behavior that can be used to solve problems.
- Avoid getting angry, yelling, or shaming a child.
- Avoid giving too much attention to a child who bites after an incident. While this is usually negative attention, it can still reinforce the behavior and cause a child to repeat it.

# What did we do this month? Step into our world at Small World!



## Thank You!

We hope you enjoy seeing all the activities your child took part in. If you have any questions, please do not hesitate to contact us. This newsletter is for parents, and we are open to suggestions including Article Selections. Join us in November to see our upcoming Thanksgiving Celebration and more!

Sincerely,  
Montessori School of Miami Gardens



Send in Article  
Suggestions  
Here!

